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## **GATEWAY GRADUATE RETREAT**

June 16 - 22, 1990

What's the difference between a "retreat" and the other residential programs at the Institute? Less intensive in design, the retreat is for review, reinforcement renewal, and relaxation in the company of other GATEWAY graduates.

After a quick review of Focus 10 and 12, you'll be spending time in Focus 15 and Focus 21, have a private session in the lab's isolation booth, and experience some new, more sophisticated HemiSync tapes. In addition to tapes, the program includes group energy exercises; conversations with Bob Monroe about tantalizing concepts from his new book, *Ultimate Journey*; round-table discussions; and application exercises to help you integrate expanded states of consciousness into your life.

There will be time for swimming at the lake, volleyball across the road, hiking the mountain trails, singing (bring your favorite instrument), and whatever else you like to do with your leisure.

And weaving through the whole, wondrous time is your interaction with other graduates. All participants have attended a *GATEWAY* and know that in addition to their individual experience; the "personality" of the group added an extra layer of richness. Bringing together graduates from different *GATEWAYS* to share insights and "post-graduate" applications, and to travel deeper into the revelations offered by Focus 15 and 21, makes for an unforgettable week.